**WINTER SQUASH SOUP**  
Makes 6 Servings

**Ingredients:**
- 1 large winter squash (about 4 cups of cubed squash)
- 1 Tablespoon olive oil
- 2 medium chopped onions
- 2 medium chopped carrots
- 2 teaspoon garlic powder
- 1 15-ounce can diced tomatoes with juice
- 5 cups chicken or vegetable broth
- 1 1/2 Tablespoon dried oregano
- 1 1/2 Tablespoon dried basil

**Instructions:**
1. In a large saucepan, warm oil over medium heat.
2. Stir in onions and carrots.
3. Cook for about 5 minutes, covered.
4. Stir in the canned tomato with juice, chicken broth, squash, garlic Powder, and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes, until squash is tender.

Adapted from University of Connecticut Cooperative Extension, *From the Farm to the Table*

---

**WHAT’S IN IT FOR YOU?**
- Fiber to help you stay regular; Vitamin A for healthy skin and eyes
- Potassium to keep your blood pressure at a healthy level

**SERVING IDEAS**
- Add peeled & cubed winter squash to stews, soups, & casseroles.

**STORAGE**
- Store uncut winter squash in a dark, cool, dry place for up to 3 months.
- Cut squash will last in the refrigerator for 1 week if well-wrapped.

---

**WHAT’S IN IT FOR YOU?**
- Fiber to help you stay regular; Vitamin A for healthy skin and eyes
- Potassium to keep your blood pressure at a healthy level

**SERVING IDEAS**
- Add peeled & cubed winter squash to stews, soups, & casseroles.

**STORAGE**
- Store uncut winter squash in a dark, cool, dry place for up to 3 months.
- Cut squash will last in the refrigerator for 1 week if well-wrapped.

---

This institution is an equal opportunity provider and employer. This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP.